



Winterton Community Academy

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Headteacher – Mr K Rowlands

Ref: Year 10/2021-22/Well-beingDay/tp

11th July 2022

Dear Parent/Guardian,

On Friday 15th July 2022, Year 10 students will be having a wellbeing day. This is aimed at teaching them ways to manage their stress and maintain a sense of wellbeing given their imminent entry into year 11.

During the morning students will be going for a walk to Simon's wood and having a picnic lunch. Students are welcome to bring their own packed lunch or obtain one from the canteen (orders will be taken in tutor time). In the afternoon they will be doing two of an available four activities which they will choose during tutor time. One of the activities involves animals, therefore, we will be asking students to avoid this if they have allergies. If you feel that your child would benefit from this activity, please ensure an antihistamine is taken before attending school.

Due to the current weather, please make sure that your child has access to sun cream and a hat, as well as suitable footwear. Uniform is not required to be worn on the day.

If you have any questions, please do not hesitate to get in contact.

Yours sincerely,

Miss C Dumbill
Head of Year 10